**Appreciation Letter My Body**

**Project**

**1st Paragraph** You will revere your body. Explain how much you appreciate and love it for all that it does for you everyday. Everybody part plays an important function. (Picture yourself without the use of a limb, brain function etc.)

**2nd Paragraph** You will write about how you will not allow people to tear away at your self-esteem and how you will communicate to others in effective ways to get your feelings across. You will use I-statements. Give some examples. You will seek out help when you are in emotional pain. You will devise a plan of where to call and who to seek assistance from when you are in mental or emotional crises.

**3rd Paragraph** Explain good nutrition and how vital it is for your overall health. You will tell your body what you will eat and drink to keep it at optimal health. What things will you make an effort to not put into your body because you know that it will lead you to a path of obesity cancer, diabetes and many other illnesses that will end your life early or worst have you taking costly medication and living a challenging physical existence.

**4th Paragraph** Explain to your body that you have too much respect for it and what it does for you everyday to put any chemical substances into it that may make it function or misfunction. Explain how you need your brain cells, speech and circulatory system intact. You have hopes and dreams for yourself and you will not let anyone or anything interfere with this goal. Be sure to reference the damages of drugs and alcohol in your body, brain and heart.

**5th Paragraph** Now, you will explain to your body that promiscuous behaviors will not be a part of your lifestyle because you are in no way ready to be a father/mother. You don’t have the maturity financial solvency, or know how on parenting (yet) to be able to nurture or raise a child to it’s full potential. You will also address that not only are you not ready to parent but to be faced with an STD that will for ever stay with you. Worse yet, the possibility of HIV which statistics demonstrate are on the raise again among all age groups and genders.

6th **Paragraph** Wrap all paragraphs and reiterate how much you love “body”.

A solid draft is due upon your return to school after Spring break. 10 Points for everyday it is late. NO LATE WORK WILL BE ACCEPTED. Use your book, review slide notes from http://healthedkennedy.wikispaces.com